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McCutchen | TEDxYouth@BeaconStreet
How to Treat OCD \u0026amp; Obsessive
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A Short Mindfulness Exercise for Anxiety
With Robert Hindman, PhD
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This everyday guide is just about surviving

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with obsessive-compulsive disorder (OCD) & about thriving. In *Everyday Mindfulness for OCD*, two experts in OCD team up to teach readers how mindfulness, humor, and self-compassion can help them to stop dwelling on what's wrong and start enhancing what's right leading to a more joyful life.

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In Everyday Mindfulness for OCD, two experts in obsessive-compulsive disorder (OCD) offer a blend of mindfulness, humor, and self-compassion to help you

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stop dwelling on what 's wrong and start enhancing what 's right—leading to a more joyful life.

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“ The most empowering OCD book I have ever read. ” .

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“Everyday Mindfulness for OCD can be a lifeline for those with OCD who have found exposure and response prevention (ERP) ‘dreadfully hard,’ as the authors put it—or worse. By adding mindfulness and self-compassion to the standard therapy, their thoughtful and straightforward strategies and tools—and

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even games—promise to ease the suffering of countless people with OCD. ”

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stop dwelling on what's wrong and start enhancing what's right leading to a more joyful life. If you've been diagnosed with OCD, you already understand how your obsessive thoughts, compulsive behavior, and need for rituals can interfere with everyday life.

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-Dennis Tirsch, PhD, coauthor of The ACT Practitioner's Guide to the Science of Compassion, and founder of The Center for Compassion Focused Therapy" Everyday Mindfulness for OCD can be a lifeline for those with OCD who have found exposure and response prevention

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Tips on getting the most from mindfulness exercises Make yourself comfortable. . It can help to do mindfulness in a space where you feel safe and comfortable and won't be... Go slowly. . Try to build your practice slowly. Remember, you ' re learning a new skill so it ' ll take time to

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Mindfulness Resources Everyday
Mindfulness for OCD: Tips, Tricks and
Skills for Living Joyfully Written by my
coauthor, Jon Hershfield, MFT, and me

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specifically to help people with OCD learn
to harness mindfulness and self-
compassion to strengthen their recoveries.

Getting Started with Mindfulness
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even games—promise to ease the suffering of countless people with OCD. ”

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NewHarbinger.com~~

Everyday Mindfulness for OCD: Tips,
Tricks and Skills for Living Joyfully. By
Jon Hershfield and Shala Nicely. Written

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by two clinicians who are honest about having their own personal struggles with Obsessive Compulsive Disorder, **Everyday Mindfulness for OCD** offers a unique perspective on strategies for staying one step ahead of OCD symptoms. As the title implies, the authors present tips not ...

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